

Welcome to City of Guelph Aquatics

Dear Parent/Guardian,

Please consider the following tips to ensure that your visits to the pool are successful ones!

Prior to the start of the session

- Always register into the correct level. It is not safe to move children into a higher level if this is not what the instructor has recommended. The level requirements will be overwhelming for your child. If you are unsure of the correct level for registration please bring your child in to complete a swim assessment prior to the first lesson.
- Tour the facility so you are familiar with the location of the change rooms, viewing gallery and pool entrances. It is also helpful to bring your child in swimming during our recreational swims for additional practice and for them to become familiar with the pool.

Every time you come

- Always take your child to the washroom and have a shower before going onto the pool deck – this helps prevent accidents and helps to keep the water clean.
- If you are going out onto the pool deck, please remove your shoes.
- Plan to arrive before class starts. Not too early – children who wait more than 5 minutes will get cold.
- If your child is under the age of 7, you must stay within sight of the class for the duration of the lesson. We do not take children for bathroom breaks, and we may need to call you for assistance if the need arises.
- If your lesson is near breakfast/dinner time, avoid a large meal right before class. Water pressure on a full stomach is not pleasant. Consider a small snack before lessons, and then top it off with the rest of the meal when you go home.
- Children not yet toilet trained must wear swim diapers while in the pool. Little swimmers and Gabby's (a reusable swim diaper) are available at the front desk.

On the first day of lessons

- Bring your registration confirmation with you, this allows for quick identification of the time and level your child is registered in.
- Let your instructor know of any previous swimming mishaps that might explain your child's fear of the water.
- Does your child have some specific learning requirements or life threatening medical conditions that your instructor should know about?

Comments and concerns

- If you observe your child misbehaving, remind your child before the next class of what their behaviours should be so that the instructor can start the next class with minimal distractions. We do sit children out if they are misbehaving as a safety precaution to themselves as well as the other children in the class.
- Observe your child's class from the viewing gallery. Let the Deck Supervisor or front desk staff know immediately if you have any concerns regarding instruction or progress.

The instructors value your feedback, and will do their best to accommodate your concerns.

Making it fun for your child

- If your child has sensitive skin try a good moisturizing cleanser. These can be purchased at any drug store, and will help especially in the winter months.
- Instructors will meet with you on the fifth week to discuss your child's progress. They will not know at this time if your child will pass the level. Our focus is on skill development, not pass/fail. Your child can have a very successful session without completing the level.
- Participation in public/family swims is an excellent way for children to practice their skills. Schedules are available at the front desk or at geulph.ca/recreation.

Other

- Let us know immediately if your child accidentally wets the floor, our staff will gladly mop it up.
- The family change room is for dressing children of the opposite sex. If you are dressing same sex children there is more space available in the male/female change areas.
- Volunteers can be identified by their purple singlet. Volunteers are future swim instructors in training.

Thank you and have a great session!

City of Guelph Aquatic Staff